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Building a Better Future

Montana Statewide
Family Planning Program
2010 Annual Report

What is Title X?

Title X (ten) is the only federal grant program dedicated solely to providing individuals with comprehensive family planning and related comprehensive services.

By law, priority is given to persons from low-income families.



Family Planning

Family planning allows individuals and couples to plan and space the timing of their births through contraception and treatment of involuntary infertility. A woman's ability to space and limit her pregnancies has a direct impact on her health and well-being as well as on the outcome of each pregnancy.¹

Comprehensive Primary Prevention

Family planning prevents costly health and social problems associated with **unintended pregnancy**. It also reduces:

- Premature births
- Infant mortality
- Teen pregnancy
- The need for abortion
- The spread of infectious disease
- The incidence of some cancers

Women and Families Trying to Succeed

Women and men who plan the timing and spacing of their pregnancies are more likely to:

- Be in a committed, stable relationship
- Obtain prenatal care and have healthy babies
- Reach their educational goals
- Achieve economic security

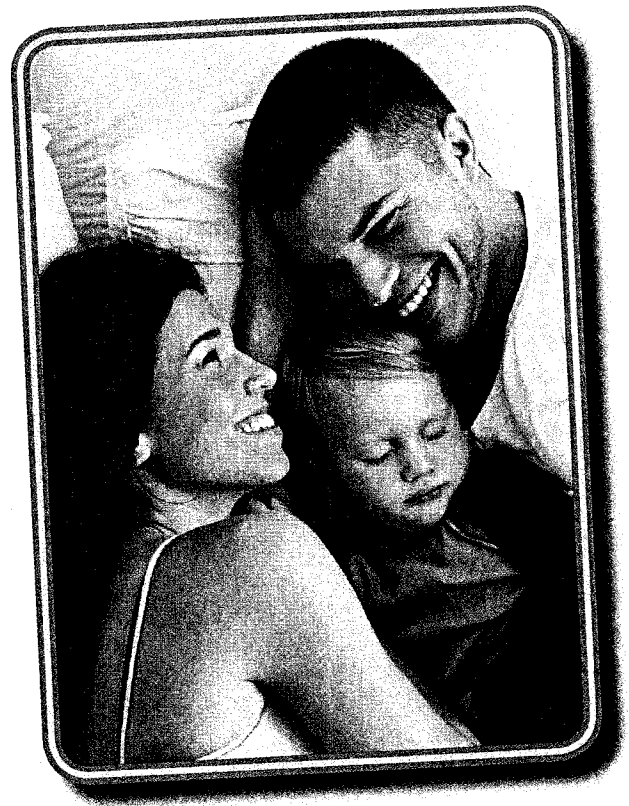
Increasing the proportion of pregnancies that are planned, wanted and welcomed will help women and men better plan their futures. Although unintended pregnancy occurs among women of all backgrounds, levels are highest among women who are economically disadvantaged, have not completed high school, are members of racial or ethnic minority groups, are aged 18-24 or are unmarried. Further, women in any of these groups are more likely to be uninsured and to report difficulty obtaining or paying for contraceptive services.³

Reproductive Life Plans

- A priority of the family planning program is to counsel family planning clients on establishing a reproductive life plan and to provide preconception counseling as appropriate.
- Reproductive life plans help set personal health goals so that an individual is physically and emotionally prepared, as well as healthy, for pregnancy.
- Not every pregnancy is planned, so it is important to develop healthy habits before trying to conceive. Health and lifestyle decisions will affect the development of a baby.
- It is important to discuss a reproductive life plan with a partner so both can decide together what the plan will be going forward.

Family planning is often the point of entry into the healthcare system; more than 6 in 10 women who obtain care at a family planning clinic consider it their usual source of important primary care services, linking them to primary health care, prenatal and obstetric care, and other preventative health and social services.¹⁴

Family planning programs make it easy for individuals to connect with services they need. Family planning staff have a strong commitment to quality, including responsive and caring customer service.



Montana Family Planning is committed to providing clients with:

- Access to Services
- Privacy and Confidentiality
- Referrals
- Quality Care

Family Planning Facts

An average woman wanting two children will spend five years pregnant or trying to get pregnant and roughly **30 years trying to prevent pregnancy**.¹⁰

In 2002, an estimated 44% of pregnancies in Montana were unintended.¹¹ A woman with a planned pregnancy is more likely to have a healthy baby. Women with unplanned pregnancies are less likely to get adequate prenatal care.²

Local family planning services help **prevent** sexually transmitted infections and abortions through counseling, testing and treatment.

- Between 2000 and 2009 the rate of chlamydia cases in Montana has doubled. Chlamydia, if untreated, can lead to infertility and other reproductive health problems.¹²
- 42% of chlamydia cases were diagnosed in persons aged 20–24 years. Teens aged 15–19 accounted for 34% of chlamydia cases.¹²
- Contraceptive services provided at Title X clinics in Montana helped prevent 5,600 unintended pregnancies, which would likely have resulted in 2,500 unintended births and 2,300 abortions.¹³

Adolescents and Family Planning

It is important for adolescents to receive accurate information and unbiased health care services. All adolescents in the family planning program receive counseling on:

- Family involvement
- Abstinence
- Sexual coercion
- Confidentiality
- STI/HIV and pregnancy prevention

In 2010, there were 31 Title X Montana family planning sites, serving patients from all 56 counties.

In 2010, these agencies served:⁷

27,731 total patients

25,756 women

1,975 men

7,331 teens

Of these patients:

56% qualified for services free of charge

29% qualified for services at reduced charge

15% were charged the full fee



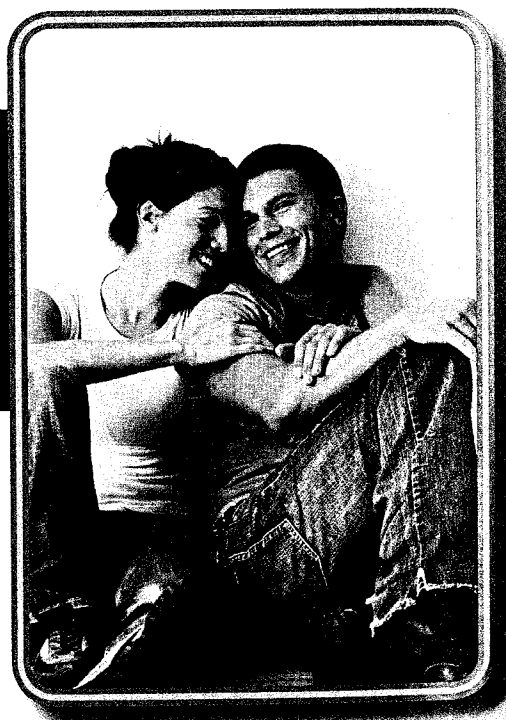
The Children of Montana

When compared to children born of unplanned pregnancies, children born of planned pregnancies:



- Are more likely to be breastfed as infants, giving them added benefits;
- Have higher cognitive test scores;
- Are more likely to have families who are better able to support their growth and development;
- Are less likely to become teen parents themselves;
- Are five times less likely to be poor.

Family Planning agencies provide routine reproductive health exams for women and men, breast and cervical screenings, contraceptive services, testing and treatment for sexually transmitted infections, and HIV testing and education.



Low-income Montanans

Many Montanans lack critical access to health care services:

- In 2007, 15% of Montana's population was uninsured, compared with a US rate of 13.4%. The uninsured rate for American Indians in Montana is even higher at 54%.⁵
- In 2009, it is estimated that there were 63,870 women, aged 13-44, in need of publicly funded family planning services, and 65% (41,568) did not receive the needed services.^{6,7}

Family Planning Saves Money

- Montana's investment in services is highly cost-effective. Nationally, family planning saves nearly \$4 in public expenditures for every \$1 spent.⁸
- The approximate savings in Medicaid costs for the prevention of one unintended pregnancy in Montana is \$12,257. This savings includes prenatal care, delivery, and the first year of an infant's medical care.⁹